



# GRIEF IN THE HOLIDAY SEASON

- How to prepare for holidays when you are grieving
  - How to communicate with family and friends
- How to honor your loved one on the holiday itself

**November 11, 2013 ~ 6:00-7:30 PM**

**SPEAKER:  
J. Kristian Best, Ph.D.  
Hospice Grief Counselor**

A formal presentation by our speaker will be followed by a time for questions and conversation for those choosing to stay until 7:30.

The public is welcome free of charge. The Hospice Center is a fully accessible facility located at 990 Seventh North Street between Buckley Road and Electronics Parkway.

For more information, please call 634-2207

**Please use the Panasci Community Entrance**

Should this program need to be cancelled due to weather or other emergency situation, we will leave a message at 634-1113 x 307 two hours prior to the event.

Hospice of Central New York does not discriminate on the basis of race, ethnicity, color, sexual orientation or religion.